



SPRING VALLEY RECREATION

ACTIVITY & PROGRAM GUIDE

WINTER/SPRING 2009

CREATING COMMUNITIES THROUGH PEOPLE, PARKS AND PROGRAMS

Go Green!

Help preserve the environment
by receiving our activity guide

via email. Sign up at

www.sdparks.org

WWW.SDPARKS.ORG

SPRING VALLEY COMMUNITY CENTER INFORMATION

Register Now! Winter/Spring Session



Online Registration: You can register online for activities at no additional cost using a Visa or MasterCard. The mouse icon indicates which activities are available for Internet Registration. Please visit www.sdparks.org and click on the online registration icon or go to Community and Teen Centers Online Registration. You will then be directed to the online registration program. Follow the instructions and in minutes, from the comfort of your own home, you will be registered for your favorite activities.

Register in Person: Register at the Spring Valley Community Center office, located at 8735 Jamacha Boulevard, Spring Valley. We accept cash, check, MasterCard or Visa in person only.

Register by Mail: Class registrations are accepted by mail. Please include a check, payable to the County of San Diego for the fee, completed registration form (see page 15), and a self-addressed, stamped envelope to return your receipt. You will need to complete a waiver before the first class.

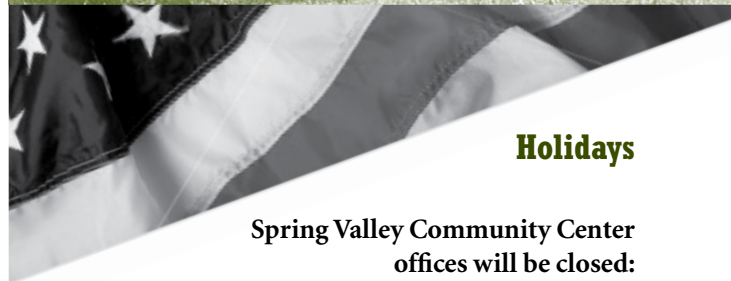
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LIVE A HEALTHY LIFE



The "Live a Healthy Life...Recreate!" logo identifies activities, programs, and events that offer a health and wellness benefit to the participant. Look for the logo throughout the program guide to help you choose what is right for you, and wellness benefit to the participant.



Holidays

**Spring Valley Community Center
offices will be closed:**

January 19, 2009 – Martin Luther King, Jr.
February 16, 2009 – President's Day
March 31, 2009 – Cesar Chavez' Day
May 25, 2009 – Memorial Day

STAFF AND VOLUNTEERS

Adult Organizations

Casa De Oro Business Association	(619) 469-9276
Chamber of Commerce	(619) 670-9902
Grossmont/Mt. Helix Imp. Association	(619) 469-9547
Lemon Valley Leprechaun 4-H Club	(619) 464-4394
Rancho San Diego Rotary Club	(619) 445-2026
Soroptimist International	(619) 749-7987
Spring Valley Citizens Association	(619) 670-8004
Spring Valley Historical Society	(619) 469-1480
Spring Valley Kiwanis Club	(619) 461-1586
Spring Valley Lion's Club	(619) 670-0121
Spring Valley Woman's Club	(619) 465-1830

Public & Government Agencies

Animal Control	(619) 263-7741
Child Abuse Hotline	(858) 560-2191
Code Enforcement	(858) 694-3741
Community Services	(858) 300-1211
COPPS	(858) 565-5200
County Parks Information	(858) 694-3030
Dianne Jacob County Supervisor	(619) 531-5522
Crisis Hotline, 24 Hours	(800) 479-3339
Grossmont Pools	(619) 644-8172
Grossmont/Spring Valley Family Health	(619) 515-2555
Healthy Start	(619) 668-8391
Library Casa De Oro	(619) 463-3236
Library Spring Valley	(619) 463-3006
San Miguel Fire District Office	(619) 670-0500
Spring Valley Senior Center	(619) 267-5740
Lemon Grove Senior Center	(619) 337-1425
Sheriff's Business Office	(858) 974-2222
Sheriff's Dispatch	(858) 565-5200

Youth Organizations

Family Health Development Project	(619) 515-2463
Spring Valley Gymnasium	(619) 667-6833
Spring Valley REC Club	(619) 667-6835
Spring Valley Youth & Family Coalition	(619) 670-9916
Sweetwater Lane Sports Complex	(619) 667-6833

Youth & Sports Organizations

American Youth Athletics	(619) 741-9368
A.Y.S.O. Soccer	(619) 660-0310
Bobby Sox League	(858) 277-0205
International Friendship Soccer League	(619) 200-2455
Little League Cajon De Oro	(619) 778-8955
Little League La Mesa National	(619) 400-7392
Little League Spring Valley	(619) 819-7550
Little League Valle De Oro	(619) 461-1928
Los Toros Football	(619) 454-4570
National Youth Sports	(619) 660-7388

Community Center Staff

C. Renell Nailon	Center Director
Florence Castro	Facility/Program Manager
Heidi Kay	Office Assistant
Anne Thibodeau	Front Desk Clerk
Charlie LaVoie	Rental Support Clerk
Asuncion Martinez	Senior Aide
Michael Cuyler	Maintenance Supervisor

County Service Area 128

Will Conley, President	Marilyn Wilkinson, Member
Pegi Ruddy, Member	Chris Kanzius, Member
Barbara Warner, Member	Robin Wood, Member
Shari Valenzuela, Member	

Parks and Recreation Advisory Council

Advisory Council Meeting is held at the Spring Valley Community Center, 3rd Tuesday of each month at 6:30 p.m.

Community Center Booster Club

June DeVelbiss	President
John Rideout	1st Vice-President of Ways and Means
Dennis DeVelbiss Sr.	2nd Vice-President, Bingo Manager
Lori Brown, Secretary	Linda Ledesma, Treasurer
Gladys Miller	Volunteer Coordinator

Spring Valley REC Club Staff

Kristin Rounds, Director

Gymnasium Staff

John Mozerka, Gymnasium Director

DIRECTOR'S MESSAGE

One of the most important issues communities face today is a staggering increase in the rates of obesity and chronic disease particularly among our youth.

But did you know that incorporating 30-60 minutes of physical activity into your daily routine can make a significant difference in you or your child's well being? Getting more physically active can be as simple as walking to work, biking to school, playing in the park or even working in the yard. The Spring Valley Community Center and the County of San Diego Department of Parks and Recreation are committed to helping you achieve a healthier lifestyle through our many affordable activities and programs- from dance classes to yoga, there truly is something for everyone.

Sincerely,

C. Renell Nailon, Spring Valley Community Center Director
County of San Diego Department of Parks and Recreation

YOUTH PROGRAMS

Advance Movement & Dance Sampler

This advance program trains participants in new and increasingly difficult skills of body awareness, coordination and rhythm.

SY454.408 Winter:

Sat. 1/31 – 3/7 (6 weeks)

Time: 10:05 – 10:45 a.m. Ages 5 - 8

Fee: Resident \$48/ Non-resident \$52

SY454.109 Spring: Sat. 4/18 – 6/13 (8 weeks) No class May 16th

Time: 10:05 – 10:45 a.m. Ages 5 - 8

Fee: Resident \$64 / Non-resident \$68

Location: SVCC (Olsen Room)

Instructor: Corina Cauldren

Ballet Folklorico

Ballet Folklorico is a true cultural dance experience for all ages, males and females. Join Kathy Villalobos, a 30 year professional dancer and teacher, as she brings the essence of Mexican dance. Students perform yearly at Old-Town and previously at Sea World etc.

SC411.408 Winter:

Fri. 1/2 – 2/27 (2 months)

SC411.109 Spring:

Fri. 3/6 – 4/21 (2 months)

SC414.109 Spring:

Fri. 5/1 – 6/26 (2 months)

Time: Beg. 5:45 – 6:30 p.m. Ages 3 - 18

SC412.408 Winter:

Fri. 1/2 – 2/27 (2 months)

SC412.109 Spring:

Fri. 3/6 – 4/21 (2 months)

SC415.109 Spring:

Fri. 5/1 – 6/26 (2 months)

Time: Int./Adv. 5:00 – 5:45 p.m. Ages 5 - 18

Fee: Resident \$45 / Non-resident \$49

Beginner Gymnastics

Students will learn basic tumbling, balance beam, vault and bar skills. No gymnastic experience is necessary to participate in our beginning gymnastics classes.

SY650.408 Winter:

Wed. 1/14 – 3/18 (10 weeks)

SY650.109 Spring:

Wed. 4/8 – 6/10 (10 weeks)

Time: 3:00 – 4:00 p.m. Ages 5 - 8

SY651.408 Winter:

Wed. 1/14 – 3/18 (10 weeks)

SY651.109 Spring:

Wed. 4/8 – 6/10 (10 weeks)

Time: 4:00 – 5:00 p.m. Ages 5 - 8

Fee: Resident \$65 / Non-resident \$69

Location: SVCC (Ketell Hall)

Instructor: Sandra Baker-Assemi

Belly Dancing

Belly dance is a fun, friendly environment. Participants will learn basic dance moves, choreography, veil, floor work, basic finger cymbal rhythms, and costume ideas.

SC420.408 Winter:

Tue. 1/13 – 3/17 (10 weeks)

Time: Beg. 7:15 – 8:00 p.m.

Ages 12 & up.

SC421.408 Winter: Tue. 1/13 – 3/17 (10 weeks) **Time:** Int. 8:15 – 9:00 p.m.

Ages 12 & up

Fee: Resident \$60 / Non-resident \$64

SC420.109 Spring: Tue. 1/13 – 3/3 (8 weeks) **Time:** Beg. 7:15 – 8:00 p.m.

Ages 12 & up

SC421.109 Spring: Tue. 1/13 – 3/3 (8 weeks) **Time:** Int. 8:15 – 9:00 p.m.

Ages 12 & up

Fee: Resident \$48 / Non-resident \$52

SC421.109 Spring: Tue. 1/13 – 3/3 (8 weeks) **Time:** Int. 8:15 – 9:00 p.m.

Ages 12 & up

Fee: Resident \$48 / Non-resident \$52

Creative Hands (Art class)

Art is a human way of expression. Participant will enjoy learning the basic techniques of arts in drawing and painting.

SY321.408 Winter:

Sat. 1/17 – 3/7 (8 weeks)

SY321.109 Spring:

Sat. 4/25 – 6/13 (8 weeks)

Time: 10:00 – 11:00 a.m. Ages 2 - 6

Fee: Resident \$60 / Non-resident \$64

Location: SVCC (Ketell Hall)

Instructor: Maria Ramirez

Dance Sampler & Tumble

Introduce your children to music and movement in a variety class of tap, ballet, jazz and beginning tumbling skills. Develop coordination and rhythm. Tap or hard soled shoes required. Students only in the classroom. If you want your child to perform at the fair, it is a must to participate in BOTH the Winter and Spring sessions!

SY654.408 Winter:

Wed. 1/28 – 3/25 (9 weeks)

SY654.109 Spring:

Wed. 4/22 – 6/17 (9 weeks)

Time: 6:30 – 7:05 p.m. Ages 4 - 9

Fee: Resident \$72 / Non-resident \$76

Location: SVCC (Olsen Room)

Instructor: Robin Wilkes

Fit Kids FREE!

Fit Kids is a free-program geared for elementary kids that will focus on a fun and interactive way to get kids active and healthy. We will discuss healthy lifestyle choices and build self-confidence while keeping youth moving!

Winter: Mon. & Wed. (1/12 – 2/18)

Time: 3:00 – 4:00 p.m. Ages 5 - 9

Location: Spring Valley Park

Instructor: Wendy Hileman

Junior Jazz

Learn the basics of jazz dance along with challenging routines put to the latest music.

SY430.408 Winter: Sat. 1/31 – 3/7 (6 weeks) **Time:** 10:45 – 11:15 a.m.

Ages 6 - 11

Fee: Resident \$48 / Non-resident \$52

SY430.109 Spring: Sat. 4/18 – 6/13 (8 weeks) No class May 16th

Time: 10:45 – 11:15 a.m. Ages 6 - 11

Fee: Resident \$64 / Non-resident \$68

Location: SVCC (Olsen Room)

Instructor: Corina Cauldren

Kids in Dynamic Shape

Each KP/SV KIDS session is one and a half hours long, divided into 30 minute increments of nutrition, physical activity and behavior change education. Kaiser Permanente health professionals in the areas of pediatric medicine, nutrition, exercise, behavior change and health education develop this excellent complete health promotional program that helps families promote healthy eating and increased physical activity.

Winter: Fri. 1/30 – 3/6 (6 weeks)

Time: 4:00 – 5:00 p.m.

Ages: 5 - 12 & their family members

Location: SVCC (Olsen Room)

Instructor: TBD

Fee: \$5

“Little Divas and Gents in Training” Dance Club

This unique class teaches self confidence, builds self esteem, and celebrates the joy of being a female and a male. We prepare your little diva and gent to perform in many talent events, parades and fashion shows.

SC459.408 Winter:

Fri. 1/30 – 3/20 (8 weeks)

SC459.109 Spring:

Fri. 4/24 – 6/12 (8 weeks)

Time: 3:00 – 4:00 p.m. Ages 4 - 18

Fee: Resident \$50 / Non-resident \$54

Location: SVCC (Olsen Room)

Movement & Dance Sampler

Class includes music and movement in a variety class that teaches tap, ballet and tumbling skills to develop coordination and rhythm.

SP456.408 Winter:

Sat. 1/31 – 3/7 (6 weeks)

Time: 9:30 – 10:05 a.m. Ages 2½ - 4

Fee: Resident \$48 / Non-resident \$52

SP456.109 Spring:

Sat. 4/18 – 6/13 (8 weeks)

No class May 16th

Time: 9:30 – 10:05 a.m. Ages 2½ - 4

Fee: Resident \$64 / Non-resident \$68

Location: SVCC (Olsen Room)

Instructor: Corina Cauldren

Robin and Corina’s dance classes may have the opportunity to perform at the San Diego County Fair in June. There will be a small registration fee as well as the cost of the costume, AND a couple extra practices; (not included in the registration fee).

“Rehearsal on Saturday, June 20th, time to be announced.” It is a must to take BOTH the winter and spring dance classes to perform at the fair!

Back by popular demand, Parent & Tot: Creative Movement

A parent involvement class in which children will have a great time while developing motor skills, rhythm, coordination, balance and social skills. Class will use balls, parachute, beanbags, music, sports, etc. Basic animal walks and tumbling skills introduced.

SP452.408 Winter:

Tue. 1/27 – 3/24 (9 weeks)

SP452.109 Spring:

Tue. 4/21 – 6/16 (9 weeks)

Time: 9:00 – 9:30 a.m. Ages 1 - 3

Fee: Resident \$72 / Non-resident \$76

Location: SVCC (Olsen Room)

Instructor: Robin Wilkes

Pre-Gymnastics

In this class, we explore the fundamentals of gymnastics in a fun atmosphere. Children will stretch, roll, jump, and balance while building coordination and self confidence.

SP659.408 Winter:

Wed. 1/14 – 3/18 (10 weeks)

SP659.109 Spring:

Wed. 4/8 – 6/10 (10 weeks)

Time: 2:30 – 3:00 p.m. Ages 3 - 4

Fee: Resident \$48 / Non-resident \$52

Location: SVCC (Ketell Hall)

Instructor: Sandra Baker-Assemi

Tennis

Class is designed to teach and enhance basic skills in tennis. Loaner rackets will be available. Bring one can of balls to the first class and bring water for yourself.

SY978.408 Winter:

Sat. 1/17 – 3/7 (8 weeks)

SY978.109 Spring:

Sat. 4/25 – 6/13 (8 weeks)

Time: Beg. 10:00 – 11:00 a.m.

Ages 7 - 11

SC979.408 Winter:

Sat. 1/17 – 3/7 (8 weeks)

SC979.109 Spring:

Sat. 4/25 – 6/13 (8 weeks)

Time: Int. 9:00 – 10:00 a.m.

Ages 12 & up

Fee: Resident \$50 / Non-resident \$54

Location: Mt. Miguel HS (Tennis Court)

Instructor: Lois Szczepaniak

Tumbling

Introduction to: Basic tumbling skills, coordination, flexibility, and balance. Children’s social and motor skills will benefit from this early tumbling experience. Students only in the classroom.

SY657.408 Winter:

Tue. 1/27 – 3/24 (9 weeks)

SY657.109 Spring:

Tue. 4/21 – 6/16 (9 weeks)

Time: 9:35 – 10:05 a.m. Ages 2½ - 7

Fee: Resident \$72 / Non-resident \$76

SY658.408 Winter:

Wed. 1/28 – 3/25 (9 weeks)

SY658.109 Spring:

Wed. 4/22 – 6/17 (9 weeks)

Time: 5:55 – 6:25 p.m. Ages 3 - 8

Fee: Resident \$72 / Non-resident \$76

Location: SVCC (Olsen Room)

Instructor: Robin Wilkes

SELF DEFENSE | FITNESS

America's Youth Karate



This program is designed to promote a higher level of self confidence, improve self-esteem, discipline, concentration and physical fitness! Open registration up to week 4. This is a year-round program. For additional information, please call (619) 282-3066 or visit us at www.ayop.org

Class starts: Tue. 1/6

Time: 5:00 p.m. Ages 4 & up

Fee: \$7 per week, pay weekly

Registration fee: \$5

Location: SVCC (Ketell Hall)

Instructor: Matt Armstrong

Taekwondo (Olympic Style)



Build one's self mentally & physically through self esteem and self defense.

Promote respect and tolerance of others by building a strong unit through the teachings of Taekwondo.

SA661.408 Winter:

Sat. 1/3 – 1/31 (monthly)

SA662.408 Winter:

Sat. 2/7 – 2/28 (monthly)

SA663.408 Winter:

Sat. 3/7 – 3/28 (monthly)

SA661.109 Spring:

Sat. 4/4 – 4/25 (monthly)

SA662.109 Spring:

Sat. 5/2 – 5/30 (monthly)

SA663.109 Spring:

Sat. 6/6 – 6/27 (monthly)

Time: 4:00 – 5:00 p.m. Ages 5 & up

Fee: \$57 monthly

Location: SVCC (Olsen Room)

Instructor: Master Kareem Abosada

Total Body Workout



Achieve total body workout through exercises that encompass cardio aerobic stretching and toning. Body workout is an all over "feel good" body exercise program that reduces stress and infuse you with energy.

SY663.408 Winter:

Sat. 1/3 – 1/31 (monthly)

SY664.408 Winter:

Sat. 2/7 – 2/28 (monthly)

SY665.408 Winter:

Sat. 3/7 – 3/28 (monthly)

SY663.109 Spring:

Sat. 4/4 – 4/25 (monthly)

SY664.109 Spring:

Sat. 5/2 – 5/30 (monthly)

SY665.109 Spring:

Sat. 6/6 – 6/27 (monthly)

Time: 3:00 – 4:00 p.m. Ages 10 & up

Fee: \$40 monthly

Location: SVCC (Olsen Room)

Instructor: Master Kareem Abosada

Hatha Yoga: Beginning



Hatha Yoga is a unique system for optimum health of body and mind. The results are weight control, suppleness, tone and enhanced vitality. Important note: Participants should be able to easily transition from standing to sitting to lying down postures. Do not eat for two hours before class. Please bring a sticky yoga mat.

SC672.408 Winter:

Thur. 1/15 – 3/5 (8 weeks)

SC672.109 Spring:

Thur. 4/23 – 6/11 (8 weeks)

Time: 7:30 – 8:30 p.m. Ages 15 & up

Fee: Resident \$60 / Non-resident \$64

Location: SVCC (Olsen Room)

Instructor: Robin Dohrn-Simpson

LIFE LONG LEARNING

Piano Keyboard Lessons



This course introduces the beginner students to basic concepts of rhythm, melody and reading music, as well as easy-to-play songs. Students should bring their keyboards to the class, and textbooks (\$5) are provided by the instructor. For more information, please call (619) 434-5546.

SC797.408 Winter:

Sat. 1/17 – 3/7 (8 weeks)

SC797.109 Spring:

Sat. 4/25 – 6/13 (8 weeks)

Time: 2:00 – 3:00 p.m. Ages 5 & up

Fee: \$150 or \$20 each class

Location: SVCC (Olsen Room)

Instructor: Reka Bodis-Parker

Spanish Class



Languages are the most efficient way of communication. Participants will enjoy the fun of grammar, linguistic conversations in Spanish. Bring your enthusiasm.

SC761.408 Winter:

Sat. 1/17 – 3/7 (8 weeks)

SC761.109 Spring:

Sat. 4/25 – 6/13 (8 weeks)

Time: 9:00 – 10:00 a.m. Ages 7 & up

Fee: Resident \$60 / Non-resident \$64

Location: SVCC (Ketell Hall)

Instructor: Maria Ramirez

CPR/First-Aid Class

Be prepared to save a life. Class is approved by the EMS Authority and sponsored by Grossmont/Cuyamaca College. The class includes a handbook and completion card good for two years. Register now! Please call Cuyamaca College at (619) 660-4350. For additional information, please call Vicki Igou at (619) 669-9911.

Winter: Sat. 1/24

Adult/Pediatric

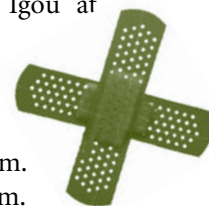
CPR: 9:00 a.m. – 1:00 p.m.

First-Aid: 1:00 – 4:00 p.m.

Fee: \$10 CPR / \$10 First-Aid

Location: SVCC (Ketell Hall)

Next class: Sat. March 14, 2009





Dog Obedience Class

This six week class teaches dog owners how to train and develop a stable companion by using distractions and socialization to improve your dog's obedience performance. Materials needed: choker, 6 ft. & 20 ft. leash. Dogs must be a minimum of four months old and vaccinated. All dogs must have proof of current rabies vaccination.

SC747.408 Winter: Sat. 1/17 – 2/21 (6 weeks)

SC747.109 Spring: Sat. 4/25 – 5/30 (6 weeks)

Time: Basic 9:00 – 10:00 a.m.

SC748.408 Winter: Sat. 1/17 – 2/21 (6 weeks)

SC748.109 Spring: Sat. 4/25 – 5/30 (6 weeks)

Time: Intermediate 10:00 – 11:00 a.m.
Must have completed basic dog obedience.

Fee: Resident \$65 / Non-resident \$69

Location: Spring Valley Park

Instructor: Cindy D'Ambrosia of Castle Creek Kennels, Bahia del Sur Kennel Club

Beginner/Intermediate Line Dance

Join Susie D'Agostino and learn to Line Dance at a slow and relaxed pace. Dancers will learn steps and routines in an easy to remember pace that keeps things fun. Take both classes for the price of one!

Day: Wednesdays

Time: Beg. 9:30 – 10:10 a.m.

Int./Adv. 10:10 – 11:00 a.m.

Location: SVCC (Olsen Room)

Donation: \$5 Drop in basis

Driver Safety Program

Spring Valley

Community Center

Saturday, March 28 & April 4, 2009

9:30 a.m. – 4:30 p.m.

For more information, please call (619) 641-7020 to reserve your space.



LIFE LONG LEARNING

Catered Adult Lunches

Meet new friends from all walks of life. Join an active group of retired people 60 years and older for lunch Monday through Friday at the Spring Valley Community Center. Lunch is offered for a suggested donation of \$3 per person, under 60 years \$5. The meals served are complete and nutritionally balanced. The program is open 9:45 a.m.-1:00 p.m. Monday through Friday. Please call by 2:00 p.m. one day in advance for lunch reservations.

For reservations or information, call (619) 337-1425 Monday-Friday.



Lunchtime Activities

Bingo: Mondays & Thursdays 10:30-11:30 a.m.

Blood Pressure: 2nd Monday and 4th Friday of each month at 10:00 a.m.

Legal Aid: Call for an appointment
(619) 447-7921 2nd Wednesday of each month.

Sing-A-Long: Wednesdays, 10:30 – 11:15 a.m.
Friday's are reserved for entertainment and speakers.

Life Line Screening

Health Screening for Stroke & Heart Disease

Saturday, November 14, 2009 9 a.m. - 5 p.m.

Location: Spring Valley Community Center

8735 Jamacha Boulevard, Spring Valley, CA 91977

Please call for appointment 1-800-643-6075.

Walking

Walk your own pace and distance with the support of other friendly and enthusiastic walkers. Meet at the east entrance, near the bulletin board.

SC.408 Winter: Wed. 1/14 – 3/18 (8 weeks)

SC.109 Spring: Wed. 4/22 – 6/10 (8 weeks)

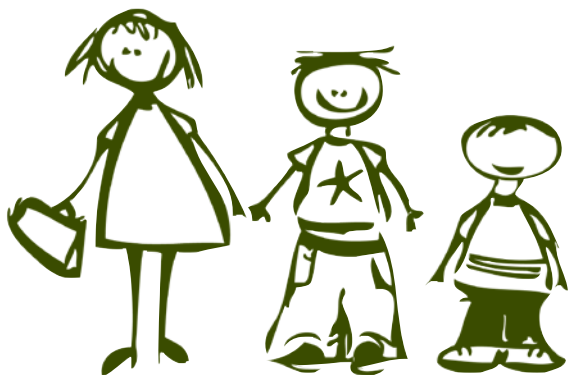
Time: 10:00 – 11:00 a.m.

Fee: Resident \$50 / Non-resident \$54

Location: Chollas Lake
6350 College Grove Dr.
San Diego, CA 92115

Instructor: Julia Doughty

PRESCHOOL



Tiny Tot School (Ages 3 – 4)

The Tiny Tot program provides the first learning and growing experience for children. Caring teachers provide an atmosphere where children build self-esteem, and develop social, motor and academic skills.

Winter: Tuesday / Thursday

SP281.408: Jan. \$88

SP281.109: Feb. \$88

SP282.109: Mar. \$88, No school on 3/31

SP282.209: Apr. \$55, Spring Break 4/6-4/17

SP283.209: May \$88

Time: 9:30 a.m. – Noon

Location: SVCC (Senior Lounge)

Instructors: Mary Delgado/Nesrin Mohammad

Kinder Tot School (Ages 4 – 5)

Through structured curriculum, this program offers children the opportunity to grow socially and emotionally for an easy transition into Kindergarten.

Winter: Monday / Wednesday / Friday

SP281.408: Jan. \$121, No school on 1/19

SP281.109: Feb. \$121, No school on 2/16

SP282.109: Mar. \$143

SP282.209: Apr. \$77, Spring Break 4/6-4/17

SP283.209: May \$132, No school on 5/25

Time: 9:30 a.m. – Noon

Location: SVCC (Senior Lounge)

Instructors: Mary Delgado/Nesrin Mohammad



SPRING VALLEY LITTLE LEAGUE BASEBALL SIGN-UPS

Date: Tuesdays (1/6, 1/13, 1/20 and 1/27/09) and Saturdays (1/3, 1/10, 1/17, and 1/24/09) in January.

Time: Tuesdays - 6:30 p.m. - 8:00 p.m.

Saturdays - 10 a.m. - 1:00 p.m.

Baseball season is around the corner. All boys and girls 5-16 years of age are eligible to play in the 2009 Spring Valley Little League baseball season. You will need to bring your child's original birth certificate and proof of residency (utility bill, water bill, cable bill).

All sign-ups will be held at the Sweetwater Lane Sports Complex, 1312 Sweetwater Lane.

For more information:

www.eteamz.com/springvalleylittleleague
(619) 819-7550

Fundraiser buy-out only offered at time of sign-ups (\$40/player).

Property player deadline is Saturday, January 17, 2009.



Spring Valley
Little League
"A Winning Tradition"

All sign-ups will be held at the Sweetwater Lane Sports Complex, 1312 Sweetwater Lane.

For more information:

www.eteamz.com/springvalleylittleleague
(619) 819-7550

Fundraiser buy-out only offered at time of sign-ups (\$40/player).

SPECIAL EVENTS



Spring Camp



Enjoy two weeks of fun during the holiday break. Spring camp consists of games, holiday crafts and much more.

SY154.408 Mon. – Fri. 4/6 – 4/10 Week I

SY155.109 Mon. – Fri. 4/13 – 4/17 Week II

Time: 6:30 a.m. – 6:00 p.m. Ages 5 – 13

Location: SVCC (Olsen Room)

Fee: Resident per week, per child \$75
Non-resident per week, per child \$80
Daily rate \$25



Breakfast with the Bunny

The entire family will enjoy a special visit from Spring Valley's own "bunny". Breakfast includes pancakes, sausage, juice, coffee and milk, all served by the enthusiastic Kiwanis!

SC002.109 Spring: Sat. 4/11

Time: 7:30 – 9:30 a.m.

Location: SVCC (Ketell Hall)

Fee: \$4 Children under 12, \$5 Adults

FREE! Spring Egg Hunt

Spring: Sat. 4/11 Ages 2 – 10

Location: Spring Valley Park
8735 Jamacha Blvd.

Time: 9:00 a.m. Sharp!

Picture taken with the Bunny \$4

Sponsored by: Spring Valley Booster Club

Sweethearts Dinner & Dance

This is a Spring Valley Chamber of Commerce Fund Raiser. Mr. & Mrs. Spring Valley 2009 will be named.

When: Sat., Feb. 7, 2009 @ 6:00 to 9:00 p.m.

Where: Santa Sophia Church Hall
(Casa de Oro)
9800 San Juan St.
Spring Valley, CA 91977

For more information, please call (619) 670-9902.

The Ultimate Party House
2705 Via Orange Way, Suite C
Spring Valley, CA 91978
(619) 660-9357



AirTime holds private birthday parties for up to 25 kids, sports team parties, youth groups, mother's groups, field trips and more. Please call for information and to make reservations or visit us on the web at www.airtimepart.com. Don't forget to ask about Mom's Night Out!

Sweetwater Summit Park



Visitors to this regional park have quite a palette of activities to choose from. The Summit Site, atop a hill overlooking the Sweetwater Valley, offers modern campsites – including some with corrals for equestrians who want to bring their horses and explore the 15 miles of trails in the area. The park has hundreds of acres of streamside vegetation, grassland, and open areas that provide a variety of habitats for hikers, horseback riders, and mountain bikers.

For additional information or reservation, please visit www.sdparks.org or call (858) 565-3600.



San Diego County Library

Spring Valley Branch
836 Kempton Street
Spring Valley, CA 91977
(619) 463-3006

Youth Programs

Monday-Friday, 2:30 p.m. (1:15 p.m. on Tuesdays) Free Snacks 1st come 1st served (anyone under 18)
Monday-Thursday, 4 p.m. Homework Help (ages 10-17)
Wednesdays, 1:00 p.m. Preschool Story Time
Wednesdays, 3:00 p.m. Craft 3rd Thursdays, 4:00 p.m. Teen Advisory Group (TAG) meeting

Family Programs

Tuesdays, 2:30 p.m. Chess (all ages)
1st Fridays, 2:30 p.m. Movie Day
3rd Fridays, 2:30 p.m. Game Day (Board Games)

Adult Programs

Monday- Thursday, 6:00-9:10 p.m. ESL Class
Tuesday & Thursday, 9:00-11:00 a.m. Citizenship Classes
3rd Fridays, 11:00 a.m. Wood Painting Craft
February 10th, 4:00-6:00 p.m. Pre-Valentine's Day Relationship Compatibility Workshop

Older American's Series

Provided I partnership with the San Diego & Imperial County Chapter of the Alzheimer's Association
Wednesdays at 10:00
January 14th, Understanding Alzheimer's
February 11th, Maximizing your Memory
March 11th, How to Live a Brain Healthy Lifestyle




Teen Drivers Education

Teen Drivers Education, fun, interactive and educational. Students may choose from an internet or a home study course. DMV accepted completion certificates issued upon successful completion of the course. Course does not include behind the wheel driving. Register anytime, complete at student's pace. Fee: \$75 Internet, \$85 Home study. Ages 14 -18.
ST791.408 Winter
ST791.109 Spring

Spring Valley Youth & Family Coalition

As a representative community-based organization, the Spring Valley Youth & Family Coalition (SCY&FC) convenes participants from over 60 different community groups, service providers and neighborhood residents to identify local needs and opportunities, coordinate services, support and resources, and promote the health and well-being of Spring Valley. For more information, please contact (619) 670-9916, (619) 668-8391 or fax (619) 668-8393.

San Miguel Fire District



Emergency 9-1-1

Lighting a Tree, turning on the heater?

Get safety tips on the web!

www.smgfire.org

YOUTH ACTIVITIES

Youth Open Play

Love basketball? Open play gives kids of all ages an opportunity to shoot around and even play some pick-up games after school and on weekends. All you need is a signed waiver and gym attire.

Times are subject to change or
Times may vary.

Mon. 3:30 p.m. – 6 p.m.

Tues. 2:30 p.m. – 6:30 p.m.

Wed.-Fri. 3:30 p.m. – 6:30 p.m.

Sat. 12 p.m. – 7 p.m.

ADULT ACTIVITIES

Sweetwater Lane Sports Complex

1312 Sweetwater Lane, Spring Valley

Located just a few minutes away from the gym, down Jamacha Road and Sweetwater Lane, the Sweetwater Lane Sports Complex offers four lighted fields and a variety of athletic programs for adults to participate in.

Adult Softball

If you're looking for an after work activity, Christian Sports Productions offers both Men's and Co-Ed Softball leagues that run on various nights from Monday to Friday. Game times are 6:45 p.m., 7:50 p.m. and 8:55 p.m. Visit CSP's website for more information. <http://www.cspsd.com/softball.cfm>

Adult Baseball (Two Leagues)

*If baseball is more your game, come and sign up for the San Diego Wood Baseball League. For more information contact Rafael at 619-937-5250.

**San Diego Independent Baseball League Men's Adult League (Sundays Sweetwater Lane) contact Eusebio Sanabia 619-638-5437.

Adult 4 on 4 Flag Football

Fast Action Sports presents the only nationwide 4 on 4 non-contact flag football league. With Sweetwater Lane serving as the home field for San Diego, Fast Action Sports offers competitive divisions for all skill levels. For more information, visit Fast Action Sports at <http://www.fasports.com/index2.htm>

Adult Basketball Open Play

Open play encourages adults to get active. Come after work and play in our newest facility with 2 full courts. There's a room for everyone. All you need is a waiver, your gym clothes and \$1 when you come in. Or sign up and pay a \$20 annual fee to play for the entire year. For information call (619) 667-6833.

Tues. – Fri 6:30 p.m. – 10 p.m.

Sat 9 a.m. – 7 p.m.

Activity Code (Annual fee \$20): SGA921.108

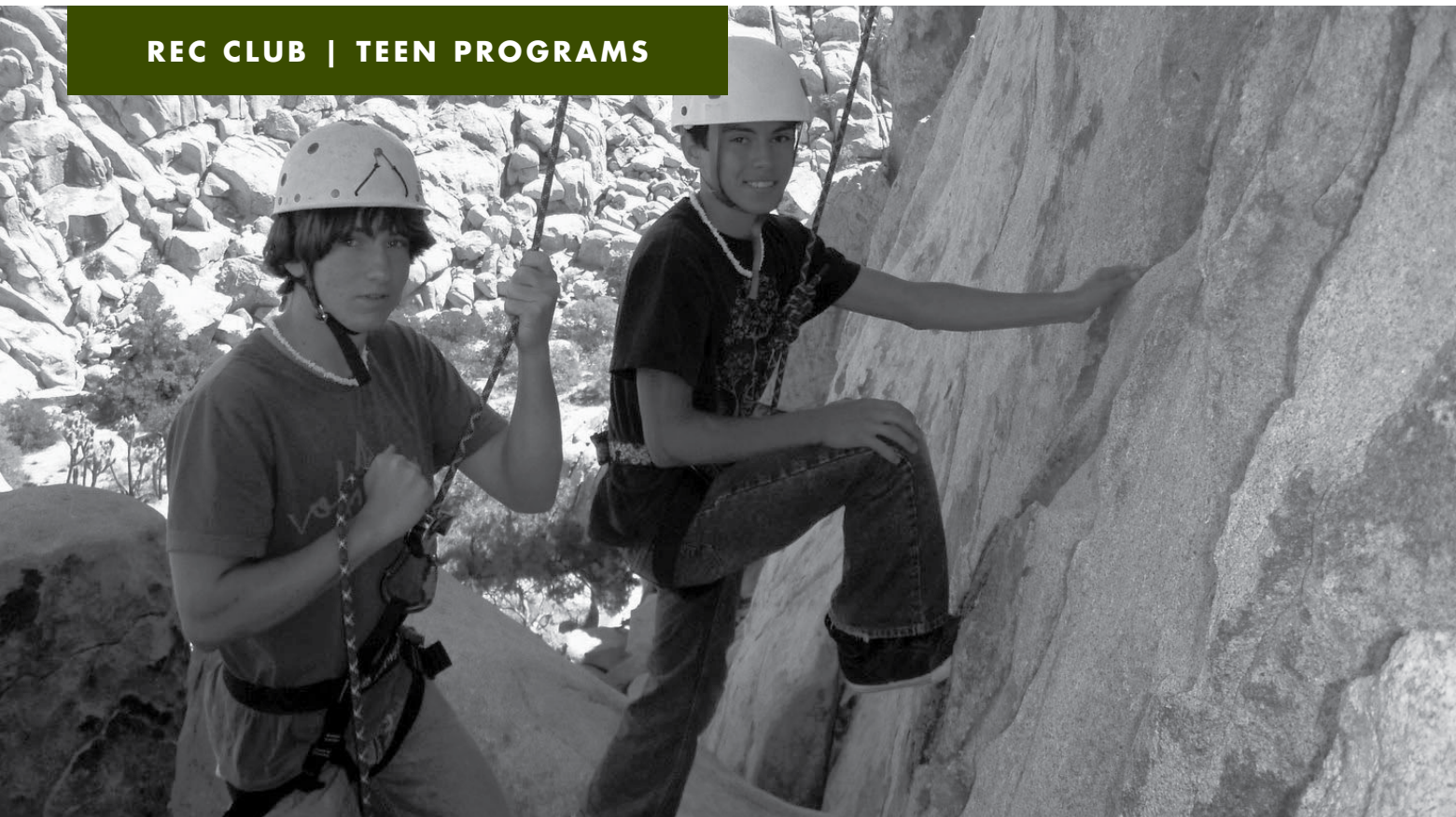
Men's Basketball League

Enter your team now. This men's league is quickly growing as one of the most popular in the County of San Diego. We have two divisions for all skill levels starting January 19th. Game times start at 7 p.m. Fee includes referee costs, 8 league games ending with playoffs and league t-shirt. Free agents welcomed. For more information call (619) 667-6833.

Monday Nights
\$400 per team

838 Kempton Street | Spring Valley, CA 91977
(619) 667-6833 | sdcounty.svgym@gmail.com

REC CLUB | TEEN PROGRAMS



Spring Valley REC Club Hours

School Year Hours:

Monday – Friday, 2:30 p.m. – 6:30 p.m.

Summer Hours:

Monday – Friday, 1:00 p.m. – 5:00 p.m.

Spring Valley REC Club Address

838 Kempton Street
Spring Valley, CA 91977

Contact Information

For more information please contact the
Spring Valley REC Club at
(619) 667-6835.



he Spring Valley REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of the REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice, and racism. To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self-esteem, communication skills, problem solving ability, and community involvement. The fundamental objective of the program is to encourage youth to take a proactive role toward leading healthy lives free of drugs and violence.

Weekly Activities Include:

- Arts and crafts
- Homework assistance
- Counseling services
- Nutrition workshops
- Leadership groups
- Diversity training
- Team building initiatives
- Community service projects
- High school only events
- Dance, fitness, cooking, ceramics
- Guitar, computer, and DJ classes



Outdoor Adventure Program

The County of San Diego's Teen Outdoor Adventure Program allows REC Club participants an opportunity to experience the great outdoors through multiple outdoor adventure trips. The program is free and open to REC Club participants with regular attendance and good behavior. The program focuses on health and wellness, team building, environmental education, community service, leadership skills development and career development. Participants are able to experience their success in the moment, whether it is riding 16 miles on a bike, canoeing for 32 miles down the river, conquering a hill while backpacking, sleeping in a tent in the wilderness, pushing themselves to climb a rock climbing route when they are afraid of heights, or surf in the ocean which is new and unfamiliar to them, they are able to see immediate and positive results in the risks they take. Outdoor Adventure Programs are offered year round; please contact the REC Club for more information

Arts and Crafts

Thursday and Friday:

4:00 p.m. – 5:00 p.m.

Cost: Free!

Join the REC Club staff in creating fun arts and craft projects. This safe and sometimes enjoyably messy activity gives each participant a chance to experience art in variety of ways.

Homework Assistance

Monday thru Thursday:

4:00 p.m. – 5:00 p.m.

Cost: Free!

The REC Club sets aside an hour each week day to help create a comfortable environment for teens to complete their assigned homework. REC Club staff is always available for assistance.

What's Cooking?

Tuesday: 5:00 p.m. – 6:00 p.m.

Cost: Free!

Join the REC Club in conjunction with Healthy Adventures Foundation in an hour of hands on cooking. Enjoy creating healthy recipes while learning the fundamentals of cooking. Discover how cooking can help your attitude and health while having FUN!

Fun Fitness

Monday and Wednesday:

4:00 p.m. – 5:00 p.m.

Cost: Free!

Off the couch and out of the house! This is the idea behind our outdoor fun fitness games. Join the REC Club in conjunction with Healthy Adventures Foundation in an hour of active and creative outdoor games. Enjoy the company of your fellow REC Club friends in a game of kickball or be the goalie for your floor hockey team. Either way you will get exercise without even knowing it!

Counseling Services

(Offered September – June)

Tuesday and Thursday:

3:00 p.m. – 6:00 p.m.

Cost: Free!

A Harmonium, Inc. counselor is available for all REC Club participants during the school year. The counselor provides guidance for teens on an individual voluntary basis or the opportunity to participate in Girl and Guy talk programs.

Leadership Groups

Ambassadors

(9th – 12th Grade)

Wednesdays:

5:00 p.m. – 6:00 p.m.

Gotta Future?

(8th – 12th Grade)

Fridays: 5:00 p.m. – 6:00 p.m.

Ambassadors - REC Club Ambassadors are a leadership group represented by a diverse group of high school youth. Ambassadors help facilitate decisions regarding events, programming, classes and creativity for the REC Club. Ambassador members participate in multiple community service projects, weekly meetings and team building activities. (Applications to participate in ambassadors are accepted during the month of September.)

Gotta Future? – The REC Club Gotta Future? Program is designed to provide teens in 8th – 12th grade with critical life skills. Weekly meetings include job skills, leadership skills, college preparedness and teambuilding. Learn how to be a leader in your community and develop skills needed to succeed in life.



HOW TO REGISTER FOR CLASSES AND ACTIVITIES

All registration is open and continues until program is full. Winter/Spring session classes begin Monday, January 12, 2009 and run through Saturday, June 13, 2009. Register by mail, in person, or online.

Mail Registration to:
Spring Valley Community Center
8735 Jamacha Boulevard
Spring Valley, CA 91977

Walk in Registration:
Monday & Saturday 9:00 a.m. – 4:00 p.m.
Tuesday – Thursday 9:00 a.m. – 9:00 p.m.
Friday 9:00 a.m. – 5:00 p.m. Sunday Closed

Online Registration:
www.sdparks.org
(see page 2 for details)

1. Read the information contained in this brochure and carefully select the classes that you wish to participate in for the Winter/Spring session. No refunds will be issued after the first meeting of any recreation classes. **NO EXCEPTION!** A \$5 service charge will be deducted for withdrawal from any program prior to the first class meeting. **REFUNDS** or credits will be issued for any program changed or cancelled **BY THE DEPARTMENT**.
2. Complete the “Mail-in Registration” form shown below. Incomplete forms will delay the process of your registration.
3. Enclose a check or money order made payable to County of San Diego Department of Parks & Recreation. To confirm your registration and receive a receipt, please enclose a stamped, self-addressed envelope.
4. Fees can be paid by Visa or MasterCard. Please contact the Community Center Office for more information.
5. Registration is accepted on a first-come, first-served basis during registration hours. Early registration is encouraged to ensure first choice of programs. A \$5 charge will be assessed for late registration.
6. All fees are due at the time of registration. A \$25 service charge will be assessed for any returned check. Post-date checks are not accepted.
7. CSA residents must provide proof of residency if not imprinted on check. A driver’s license, tax assessment bill or utility bill is acceptable. A CSA resident live within the boundaries of the San Miguel County Service Area. Most Spring Valley zip codes north of I-94 are NOT in the CSA. La Mesa zip codes south of I-94 are in the CSA. A boundary map is posted at the Spring Valley Community Center.



Student's Name: _____ Birth Date: _____ Phone #: _____

Complete Address: _____

Class Title: _____

Starting Date: _____

Fee: _____ Payment Info: _____

Payee Name: _____

Processor's Initials: _____ Date: _____

Receipt Number: _____

Class Title: _____

Starting Date: _____

Fee: _____ Payment Info: _____

Payee Name: _____

Processor's Initials: _____ Date: _____

Receipt Number: _____

Spring Valley Community Center, 8735 Jamacha Blvd., Spring Valley, CA 91977

MONDAY NIGHT BINGO



Bingo Volunteers Needed

Did You Know Bingo profits allow us to offer programs with reduced fees; programs that include Camps, Sports, Senior Activities, Preschool and Enrichment Classes. It takes a minimum of 94 volunteer hours each Monday to operate our games. By volunteering a few hours per month you will be playing a vital role in providing services. Every job is very important and no amount of hours is too small. Call (619) 479-1832 or 464-7936 for information. You can also use your volunteer hours to reduce your child's class fees. Call to find out how.

Bingo Volunteers

Lori Brown
Louis Burleson
Sharron Conley
Willis Conley
Jean Covington
Dennis DeVelbiss
June DeVelbiss
Wayne DeVelbiss
Chuck Dineen
Isabelle Dineen

Gladys Dismond
Shirley Johnson
Marilyn Jarman
Brittany Landry
Charlie LaVoie
Linda Ledesma
Tony Mazziott
Marie Mendoza
Gladys Miller
John Rideout

Doors Open: 4:00 p.m. | Early Bird Game: 6:15 p.m.

Regular Games: 6:30 p.m.

Pull Tabs * Catered Refreshments * Door Prizes * Patrolled Parking

Game night payouts over \$1,600 - \$250 Each

Play from 6:15 – 9:30 p.m. for only \$12

SPRING VALLEY COMMUNITY CENTER BANQUET HALL

WEDDINGS | BIRTHDAYS | ANNIVERSARIES | RECEPTIONS | DANCES | DEBUTANTES



MEETINGS | FUND RAISERS | BAPTISMS | BABY SHOWERS | QUINCEANERA
Equipment Available: | 25 Round Tables 66" | 54" Long Tables 8 | 295 Chairs | Podium

THE FACILITY ACCOMMODATES UP TO 250 GUESTS.
CALL FOR INFORMATION OR STOP BY AND TAKE A LOOK AT OUR RENTAL HALL FACILITY.
AT THE SPRING VALLEY COMMUNITY CENTER | (619) 479-1832.

ROOM	SQUARE FOOTAGE	CAPACITY	PRIVATE FUNCTION/ COMMERCIAL USERS	NON PROFIT ORGANIZATIONS/ SCHOOLS/ONGOING RENTALS	DEPOSIT	TABLE & CHAIR RENTAL FEE
Ketell Hall (weekend)*	3952	250	\$500 / \$90	\$400 / \$80	\$300	\$50
Ketell Hall (weekday)**	3952	250	\$90	\$80	\$150	\$40
Kitchen (with Ketell Hall only-flat fee)			\$105	\$80		
Olsen	1294	78	\$55	\$40	\$100	\$25
Senior Lounge	754	32	\$35	\$30		
Patio Lounge	2300	160	\$30	\$25		

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